

2017 Group Fitness Schedule

Classes and times are subject to change without prior notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 a- Bootcamp w/ Kahlin 8:30a - Yoga w/ Delane 9:30a - Bootcamp w/Kahlin 10:30a - Zumba w/Katrina 5:30p - Zumba w/Shannon 6:30p - Strength and Cardio Training w/ Mary	6:30a - Bootcamp w/ Leah 9:30a - Cardio Kickbox w/Leah 10:30a - Pilates w/Kymb 11:30a - Silver Sneakers w/CG 5:30p - Bootcamp w/Kamara 6:30p - Zumba w/Kymb	5:30a - Bootcamp w/ Kahlin 9:30a - Sculpt & Core w/Kymb 10:30a - Zumba w/Jessica 5:30p - Sculpt & Core w/Stephanie 6:30p - Glutes, Guns and Guts "3G's" w/Kamara	6:30a - Bootcamp w/ Leah 9:30a - Zumba w/Kymb 10:30a - Xpress Pump (30 min)w/Kymb 11:30a - Silver Sneakers w/Gerald 4:30p - Bootcamp w/Kamara 5:30p -Interval Conditioning w/Mary 6:30p - Zumba w/Laura M.	5:30a - Bootcamp w/ Kahlin 9:30a Xtreme Cond. w/Leah 10:30a - Zumba w/Shannon 11:30a - Yoga w/ Delane 5:30p - Zumba w/ Lucinda	8:00a - Piyo w/ Laura 9:00a - Zumba w/ Laura 10:00a - Body sculpting w/ Kamara 11:00a - Tae Kwon Do (fee)

Hours of operation:

Mon - Thurs 5:00am-10:00pm
Fri 5:00am-8:00pm
Sat 8:00am-5:00pm
Sun 12:00pm-5:00pm

Phone: 919.381.5388
www.velocityfitnessnc.com

Child Care Hours:

Mon. - Thur. 9:00 am - 12:00 pm
 3:00 pm - 7:30 pm
Fri. 9:00 am - 12:00 pm
 3:00 pm - 7:30 pm
Sat. 9:00 am - 12:00 pm